



King's Head All Day Dining



Light Meals

Soup of the Day	£4.95
Warm Organic Bloomer Bread	
Smoked Haddock & Spring Onion Fishcakes	£7.95
Sweet Chilli Mayo, Lemon, Rocket	
Hunters Skillet	£8.95
Crisp Bacon Lardons, Chicken Livers, Shallots, Garlic Bread	
Ploughman's Platter	£10.95
Garstang Blue Cheese, Local Cheddar, Honey Roast Ham, Pork Pie, Scotch Egg, Pickled Onion, Crusty Bloomer Bread, Westmorland Chutney	

Main Meals

Corn Fed Chicken & Wild Mushrooms	£14.95
Rich Sherry Jus, Dauphinoise Potatoes, Green Beans, Baby Carrots	
Darne of Salmon or Grilled Chicken Superfood Salad	£11.95
Curly Kale, Pomegranate, Beetroot, Toasted Nuts & Seeds, Carrot, Citrus Dressing	
Vegetarian Option	£10.25
Homemade Steak & Kidney Pudding	£14.95
Champ Potatoes or Chips, Rich Steak Sauce, Baby Carrots, Green Beans	
Homemade Beef Burger	£12.95
Crispy Back Bacon, Cheese, Chips, Salad, Relish	
Ricotta & Spinach Tortellini & Oyster Mushrooms (V)	£13.95
Parmesan Shavings, Rocket Salad	

Traditional Basket Meals with Double Fried Chips

Local Cumberland Sausage	£11.95
Red Onion Gravy Boat	
Golden Whitby Scampi	£11.95
Tartare Sauce, Lemon	
Crisp Roasted Chicken	£11.95
Rich Pan Gravy Boat	

Paninis & Open Sandwiches

Lunch Special	£10.95
Any Sandwich or Panini and Soup	
Toasted Paninis	£6.95
Cumbrian Cheese & Ham with Westmorland Chutney	
Mozzarella, Pesto & Tomato with Tomato Chutney	
Bacon & Brie with Red Onion Marmalade	

Open Sandwiches on White Sourdough or Brown Bloomer

Poached Salmon & Freshwater Prawns	£8.95
Mayonnaise, Lemon, Rocket, Cherry Tomatoes	
Smoked Salmon with Lemon Vinaigrette	£8.95
Lemon, Red Onion Rings, Capers	
Chicken Breast with Sage & Onion Stuffing	£7.95
Mixed Leaves, Cherry Tomatoes, Redcurrant Jelly	
Home Roasted Honeyed Ham	£7.95
English Mustard, Rocket	

Desserts

Crème Brûlée and Kirsch Cherry Compote	£5.95
Lakes Ice Cream	
Original Sticky Toffee Pudding	£5.95
Lakes Ice Cream	
Platter of Local Cheese	£5.95
Grapes, Celery, Crackers, Chutney	
Selection of Lakes Ice Cream	£4.95
Gingerbread Biscuits	

Children's Choice

Chef's Soup of the Day	£2.95
Organic Bread	
Beef Burger	£5.25
Home-made Beef Burger, Chips and Beans	
King's Head Cod	£5.25
Fresh Cod, Chips, Garden Peas or Beans	
Cumberland Sausage	£5.25
Cumberland Sausage, Mashed Potato, Gravy	
Chicken Fingers	£5.25
Breaded Chicken Fillet, Chips and Beans	

Children's Desserts

Milky Bar Sundae	£3.50
Chocolate & Mint Choc Chip Ice Cream, Chocolate Sauce, Milky Bar	
Jesse's Jolly Delight	£3.50
Strawberry & Vanilla Ice Cream, Hundreds & Thousands, Jelly Babies	
Sally's Smartie Fudge Brownie	£3.50
Chocolate Sauce	

Hot Drinks

Espresso	£2.25 - £2.95
A full flavoured shot of coffee Single or double	
Americano	£2.95
Hot water topped with a double shot of espresso	
Cappuccino	£2.95
Espresso with steamed milk topped with lots of foam dusted with chocolate	
Latte	£2.95
Espresso and steamed milk topped with a little foam	
Flat White	£2.95
Micro foam milk (milk steamed from the bottom of the pitcher) Folded over a double shot of espresso	
Mocha	£2.95
Hot chocolate with a shot of espresso	
Hot Chocolate	£2.95
Selection of Teas	£2.95



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SUNDAY LUNCH MENU

Main Course £12.95 / 2 Course £16.95 / 3 Course £19.95

Starters

Chef's Soup of the Day

Organic Bloomer Bread

Chilled Cantaloupe Melon

Lemon Sorbet, Raspberry Coulis

Smoked Haddock & Spring Onion Fishcakes

Sweet Chilli Mayo, Lemon, Rocket

Mains

All Roasts Served With

Goose Fat Roast Potatoes, Green Beans, Baby Carrots, Cauliflower Cheese, Roasted Parsnips, Pan Gravy

Roast Sirloin of Cumbrian Beef

Yorkshire Pudding

Roast Loin of Pork

Baked Apple

Roasted Half Cumbrian Chicken

Bread Sauce

Poached Salmon Fillet

Béarnaise Sauce, Lemon

Ricotta & Spinach Tortellini & Oyster Mushrooms (V)

Parmesan Shavings, Rocket Salad

Desserts

Crème Brûlée and Kirsch Cherry Compote

Lakes Ice Cream

Our Own Sticky Toffee Pudding

Vanilla Ice Cream

Selection of Dairy Ice Creams

Shortbread Biscuits

STEAK MENU

Served Monday to Saturday
2 Course £19.95 / 3 Course £21.95

Starters

Chefs Soup of the Day

Organic Bloomer Bread

Smoked Haddock & Spring Onion Fishcakes

Sweet Chilli Mayo, Lemon, Rocket

Chilled Cantaloupe Melon

Lemon Sorbet, Raspberry Coulis

Mains

8oz Sirloin Steak

Chunky Chips, Tomato, Mushroom,
Parsley Butter & Onion Rings

8oz Ham Steak

Chunky Chips, Tomato, Mushroom, & Onion Rings

8oz Ribeye Steak (£4 Supplement)

Chunky Chips, Tomato, Mushroom,
Parsley Butter & Onion Rings

Salmon Steak

Crushed New Potatoes,
Seasonal Vegetables & Béarnaise Sauce

8oz Fillet Steak (£8.00 Supplement)

Chunky Chips, Tomato, Mushroom,
Parsley Butter & Onion Rings

Desserts

Homemade Sticky Toffee Pudding & Vanilla Ice Cream

Crème Brûlée

Selection of Local Ice Creams

Platter of Local Cheese (£1.20 Supplement)

Side Orders

Portion of Chips

Tossed Salad

Garlic Bread

Seasonal Vegetables

£2.95 each

Sauces

Diane

Au Poivre

Béarnaise

£2.95 each